

# Mark Klimek Blue Book

## Part 1 Practice Exam

### (Sample)

#### Study Guide



**Everything you need from our exam experts!**

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## 1. Start with a Diagnostic Review

**Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.**

## 2. Study in Short, Focused Sessions

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.**

## 3. Learn from the Explanations

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## 4. Track Your Progress

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## 5. Simulate the Real Exam

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## 6. Repeat and Review

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!**

## **Questions**

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- 1. What are three recommended nursing measures for clients with mononucleosis?**
  - A. Monitor vital signs, administer antibiotics, and provide high-protein meals**
  - B. Give rest, administer ASA, and provide fluids**
  - C. Advise exercise, increase fiber intake, and provide counseling**
  - D. Limit fluid intake, encourage outdoor activity, and teach about symptoms**
- 2. At what age do most infants begin to walk while holding onto furniture?**
  - A. 8 to 9 months**
  - B. 10 to 11 months**
  - C. 12 to 13 months**
  - D. 14 to 15 months**
- 3. In an emergency situation involving an aneurysm, which assessment finding is a priority?**
  - A. Temperature**
  - B. Pulse**
  - C. Blood glucose**
  - D. Urine output**
- 4. What does the term heterozygous signify in genetics?**
  - A. Having two identical alleles for a trait**
  - B. Carrying one normal and one defective gene**
  - C. Expressing a dominant phenotype**
  - D. Having no genetic variations**
- 5. Which of the following is a non-surgical treatment for retinal detachment?**
  - A. Scleral buckling**
  - B. Cryosurgery**
  - C. Cataract surgery**
  - D. Retinal laser therapy**

**6. For men, which age group is more likely to develop Myasthenia Gravis?**

- A. Younger**
- B. Older**
- C. Adolescents**
- D. Middle-aged**

**7. In spinal cord injuries, what levels are associated with permanent respiratory paralysis?**

- A. C1 and C2**
- B. C1 and C4**
- C. C3 and C6**
- D. T1 and T5**

**8. What effect do caffeine and smoking have on blood pressure?**

- A. Decrease it**
- B. No effect**
- C. Increase it**
- D. Stabilize it**

**9. Which of the following teeth are typically the first to erupt in infants?**

- A. Upper central incisors**
- B. Lower central incisors**
- C. Canines**
- D. Molars**

**10. What is the best staff approach to managing impulsive outbreaks of violence?**

- A. Ignoring the client**
- B. Setting limits and applying them consistently**
- C. Dividing staff duties**
- D. Using physical restraints readily**

## **Answers**

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1. B
2. B
3. B
4. B
5. B
6. B
7. B
8. C
9. B
10. B

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## **Explanations**

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**1. What are three recommended nursing measures for clients with mononucleosis?**

- A. Monitor vital signs, administer antibiotics, and provide high-protein meals**
- B. Give rest, administer ASA, and provide fluids**
- C. Advise exercise, increase fiber intake, and provide counseling**
- D. Limit fluid intake, encourage outdoor activity, and teach about symptoms**

Clients with mononucleosis typically experience fatigue, fever, sore throat, and swollen lymph nodes. The recommended nursing measures center on symptom relief and promoting recovery. One key measure is providing ample rest, as fatigue is a hallmark of mononucleosis, and the body needs time to recuperate from the infection. Administering acetylsalicylic acid (ASA) may help alleviate fever and throat pain, as it is an effective analgesic and antipyretic. Finally, ensuring adequate fluid intake is critical to prevent dehydration, especially if the client has a sore throat that makes swallowing difficult, and to help maintain overall hydration and comfort during the illness. These measures help manage the symptoms of mononucleosis and support recovery, focusing on comfort and symptom management rather than invasive treatments or unnecessary dietary restrictions.

**2. At what age do most infants begin to walk while holding onto furniture?**

- A. 8 to 9 months**
- B. 10 to 11 months**
- C. 12 to 13 months**
- D. 14 to 15 months**

Most infants typically begin to walk while holding onto furniture, a stage known as "cruising," around the age of 10 to 11 months. At this developmental milestone, they have usually gained enough strength and coordination to pull themselves up to a standing position and navigate around furniture for support. This is a crucial phase in their motor skill progression as it indicates they are building the confidence and muscle control necessary for independent walking, which generally occurs a few months later. Understanding this timeline is important for caregivers and healthcare professionals, as it helps in monitoring developmental milestones and ensuring that infants are progressing as expected.

**3. In an emergency situation involving an aneurysm, which assessment finding is a priority?**

- A. Temperature**
- B. Pulse**
- C. Blood glucose**
- D. Urine output**

In the context of an emergency situation involving an aneurysm, assessing the pulse is crucial because it provides immediate information regarding the patient's cardiovascular status and potential perfusion issues. An aneurysm, particularly if it is rupturing, can lead to significant blood loss and subsequently affect the body's ability to maintain adequate circulation. A weak or absent pulse may indicate compromised blood flow due to a ruptured aneurysm, which can escalate to shock. Therefore, monitoring the pulse allows for quick identification of changes in the patient's condition that may require urgent medical intervention, such as fluid resuscitation or surgical intervention. Other assessment findings, such as temperature, blood glucose, and urine output, are important in their respective contexts but do not provide as immediate and critical insight into the life-threatening implications associated with an aneurysm compared to pulse assessment. Temperature may relate to infection or inflammatory response, blood glucose could indicate metabolic issues, and urine output can reflect renal function but these are secondary in urgency when evaluating a potential vascular emergency.

**4. What does the term heterozygous signify in genetics?**

- A. Having two identical alleles for a trait**
- B. Carrying one normal and one defective gene**
- C. Expressing a dominant phenotype**
- D. Having no genetic variations**

Heterozygous refers to the genetic condition where an individual has two different alleles for a particular gene, meaning they possess one normal allele and one defective or mutated allele. This distinction is important in genetics because the presence of two different alleles can influence how traits are expressed, particularly when considering dominant and recessive traits. For instance, if one allele is dominant, it may mask the expression of the recessive allele, leading to a phenotype that could represent the dominant trait. The other options do not accurately describe the term heterozygous. Having two identical alleles for a trait defines a homozygous condition rather than heterozygous. Expressing a dominant phenotype does not inherently indicate whether an individual is heterozygous; a homozygous dominant individual could also express the same phenotype. Lastly, having no genetic variations would imply a lack of alleles and diversity in the genetic code, which doesn't apply to the concept of heterozygosity that relies on the presence of different alleles. Thus, the definition of heterozygous aligns perfectly with the correct choice regarding the presence of one normal and one defective gene.

**5. Which of the following is a non-surgical treatment for retinal detachment?**

- A. Scleral buckling**
- B. Cryosurgery**
- C. Cataract surgery**
- D. Retinal laser therapy**

Retinal detachment is a serious condition that necessitates prompt treatment to prevent permanent vision loss. Among the non-surgical treatments available, cryosurgery is designed to treat certain types of retinal detachments. It involves applying extreme cold to the area of the retina that has detached, creating a scar that helps to reattach the retina to the underlying tissue. While scleral buckling is also a treatment for retinal detachment, it is considered a surgical procedure as it involves the placement of a band on the outside of the eye to support the detached retina. Cataract surgery does not address the detachment itself and is unrelated to its treatment. Retinal laser therapy, although often used in conjunction with other treatments for retinal issues, is typically a surgical intervention aimed at preventing further detachment rather than treating an existing detachment directly. Thus, cryosurgery stands out as a recognized non-surgical option for managing retinal detachment by promoting the reattachment of the retina through non-invasive means.

**6. For men, which age group is more likely to develop Myasthenia Gravis?**

- A. Younger**
- B. Older**
- C. Adolescents**
- D. Middle-aged**

The answer indicating that older men are more likely to develop Myasthenia Gravis is supported by epidemiological data that show a higher incidence of this autoimmune disorder in men over the age of 60. Myasthenia Gravis is characterized by weakness and rapid fatigue of voluntary muscles, and its onset can vary widely. In general, while both younger adults and older adults can develop the condition, studies suggest that older individuals experience it more frequently. Men in their 60s, 70s, and beyond are particularly susceptible to the disease, as aging often brings about changes in immune function that may predispose older adults to autoimmune disorders. Consequently, this age-related risk factor plays a significant role in understanding the demographics of Myasthenia Gravis presentation. Other age groups such as adolescents or younger men have lower incidence rates, making them less relevant in this context. Additionally, middle-aged individuals can be affected, but the older demographic shows a clearer trend in the increased risk for men.

**7. In spinal cord injuries, what levels are associated with permanent respiratory paralysis?**

- A. C1 and C2**
- B. C1 and C4**
- C. C3 and C6**
- D. T1 and T5**

Permanent respiratory paralysis is primarily associated with injuries at the cervical spinal levels, particularly C1 to C4. The reason option B, which includes C1 and C4, is correct lies in the critical role these levels play in innervating the diaphragm and other muscles necessary for respiration. The phrenic nerve, which is essential for diaphragm function and thus for breathing, arises from spinal levels C3 to C5, with most of its fibers coming from C4. If the spinal cord is damaged at the C1 to C4 levels, it can impair the motor function required for involuntary breathing, leading to respiratory paralysis. Individuals with such injuries typically require mechanical ventilation for survival, as the muscles that control breathing become non-functional. In contrast, injuries at levels such as C3 to C6 might still allow for some degree of respiratory function depending on the exact level and extent of the injury. Levels T1 to T5 pertain to the thoracic region, which primarily affects lower body function and does not result in respiratory paralysis because the diaphragm remains innervated. Thus, those with these injuries can still breathe without requiring mechanical support.

**8. What effect do caffeine and smoking have on blood pressure?**

- A. Decrease it**
- B. No effect**
- C. Increase it**
- D. Stabilize it**

Caffeine and smoking both lead to an increase in blood pressure due to their stimulatory effects on the cardiovascular system. Caffeine, a central nervous system stimulant, can cause a temporary spike in blood pressure by blocking adenosine receptors, which normally promote relaxation and dilation of blood vessels. This blockage results in increased heart rate and vascular constriction, contributing to elevated blood pressure levels. Similarly, smoking introduces nicotine into the bloodstream, which also stimulates the autonomic nervous system, leading to increased heart rate and blood vessel constriction. The thermal and chemical irritants present in cigarette smoke can cause chronic inflammation in blood vessels, further promoting hypertension. Both substances can lead to temporary and, with prolonged exposure, chronic elevations in blood pressure, making this answer accurate in the context of how they affect the cardiovascular system.

**9. Which of the following teeth are typically the first to erupt in infants?**

- A. Upper central incisors**
- B. Lower central incisors**
- C. Canines**
- D. Molars**

The first teeth to typically erupt in infants are the lower central incisors. This is a well-documented aspect of dental development. These teeth usually begin to appear around six to ten months of age, making them the earliest of the primary (deciduous) teeth to come in. Understanding the timing of dental eruption is crucial for parents and caregivers, as it can affect feeding, speech development, and overall dental health. Recognizing that lower central incisors are the initial teeth helps in anticipating dental care needs and potential discomfort for infants during this phase. Other types of teeth, such as upper central incisors, canines, and molars, generally emerge later in the sequence of dental development. This typically occurs within the first few years of life, but not as early as the lower central incisors, which sets the stage for the infant's ability to eat solid foods and begin oral hygiene practices.

**10. What is the best staff approach to managing impulsive outbreaks of violence?**

- A. Ignoring the client**
- B. Setting limits and applying them consistently**
- C. Dividing staff duties**
- D. Using physical restraints readily**

The best staff approach to managing impulsive outbreaks of violence is to set limits and apply them consistently. This strategy is essential in creating a structured environment where individuals understand the boundaries of acceptable behavior. By clearly defining these limits, staff can provide predictable responses to aggression, which helps de-escalate potentially violent situations. Consistency is key; when staff apply the limits uniformly, it reinforces expectations and reduces confusion or feelings of injustice among clients, which can decrease the likelihood of further aggressive behavior. In addition, this approach promotes a sense of safety for both clients and staff. It helps to build trust and respect, allowing clients to feel secure in knowing that there are clear guidelines that will be upheld. This method also reduces the need for more severe interventions, such as physical restraints, which can escalate tension rather than alleviate it. Therefore, consistently setting and applying limits is critical in effectively managing impulsive outbreaks of violence in a therapeutic setting.

# Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://klimekbluebook1.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**

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